THE UNTOLD POINT OF VIEW

"Viewing the World Through New Lenses :
A Psychological Approach to Perspective and Growth"

BY JAMES JAYA BASTIN

“ See The World In A New Way “
With Me

THE UNTOLD POINT OF VIEW

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Introduction

Who would have thought that a man who couldn't make simple decisions, who was too shy to speak even in front of a small group, and struggled to understand himself would write a book about understanding people and situations?

For a long time, I was trapped in my own mind overthinking, doubting myself, and feeling lost. Life had thrown its share of challenges at me, and I carried the weight of my past wherever I went. Trauma, struggles, and pain shaped the way I saw the world. I thought life was just unfair, that things wouldn't change, and that I had no control.
Everything changed when I began to see things from a different point of view.

That's exactly what this book is about. It's my first book, and with it, I want to take you on a journey a journey into a new way of looking at the world. What if I told you that the way you see things determines the way you experience life?

The Point of View is about how changing the way you look at things can change your life. This book will help you see situations in a new light, understand people better, and approach the world in a way that brings clarity and growth.

When you shift your perspective, you'll discover that even the toughest challenges are within your ability to handle. Problems that once seemed impossible will start to look like opportunities. Conflicts will turn into lessons. And most importantly, you'll realize that you have more control over your life than you ever imagined.

"Everything in life depends on how you see it. The way we look at things shapes how we think, act, and connect with others. The Point of View is about understanding that how you see the world can change everything in your life."

So, let's begin this journey together. Let's explore new perspectives. Let's unlock the power of seeing things differently.

Chapter 1: The Lens You Wear

How Your Perspective Shapes Your Reality

Have you ever felt like the world was against you? Like no matter what you did, everything seemed to fall apart? I used to feel the same way. My life was filled with struggles, pain, and moments where I thought I would never escape the darkness. But one thing changed everything. It was not luck, money, or even time. It was my perspective.

The way we see the world creates the reality we live in. If you look at the world as unfair, cruel, and painful, that is exactly what you will experience. But if you choose to see challenges as opportunities, failures as lessons, and pain as a way to grow, then everything changes.

I know this because I have lived both sides.

The Weight of My Past

I lost the person I loved for more than ten years. After that, everything changed. Pain consumed me. I could not sleep, I could not move on, and even the smallest things reminded me of what I had lost. My emotions controlled me, and my mind started breaking.

But this was not the first time I had struggled. Even before that, I had already carried deep wounds from childhood. My parents never showed me love. All they did was punish me in the name of discipline. The punishments were so severe that I cannot even speak about , that's a kind of torture. I grew up expecting love, but I never received it. I faced strictness and control. I hated them for it.

But one day, I tried to see things from a different point of view.

My parents had struggled a lot. When I was born, they did not even have a proper home. They worked hard to survive, and in their eyes, being strict was the only way to raise me into a responsible person. They thought that if they showed me too much love or gave me too much freedom, I would become uncontrollable.

In my view, if they had given me love, my childhood would have been different. I would not have grown up with trauma. But in their view, everything they did was to make sure I had a better future.

And the truth is, they loved me more than they loved themselves. They just had a different way of showing it.

Who was right? That is when I realized, perspective changes everything.

The Power of Your Lens

Your perspective is like a lens through which you see the world. If the lens is dirty, everything will look unclear, ugly, and hopeless. If the lens is clean, you will see things clearly, beautifully, and with possibility.

For most of my life, I saw things through the lens of pain. I thought the world was cruel. I thought my suffering would never end. But when I started changing the way I looked at my situation, I saw something new. I was not just a broken man. I was someone who had experienced deep emotions and survived. I was not weak. I had strength. I had the ability to rebuild myself.

That is when I realized the truth.

Everything in life depends on how you see it. The way we look at things shapes how we think, act, and connect with others. When you change your perspective, you change your life.

“ Everything in life depends on how you see it. The way we look at things shapes how we think, act, and connect with others. When you change your perspective, you change your life. “

Chapter 2 : Shifting Angles

Finding the Hidden Side of Every Story

Perspective is not just about how we see ourselves, it's also about how we see others and the world around us. The same situation can look completely different from another angle.
Perspectives shape everything. The same situation can look completely different depending on how you choose to see it. I learned this lesson in one of the hardest ways through betrayal, pain, and unexpected kindness.

I once worked at a company where employees had daily targets to meet. I struggled at first and was often scolded by one of the managing directors. To him, I wasn't good enough. But there was another director, Amarnath, who saw things differently. Instead of criticizing me, he encouraged me. He said, "James, now you can do 90, so you can even do 120. You are improving." His words changed everything. In one person's point of view, I was failing. In another's, I was growing. That difference in perspective motivated me, and I improved a lot.

One day, I was struggling emotionally at work. I cried in the office, and people saw it in different ways, some thought I was weak, others didn't care. But Amarnath called me aside and suggested that I read about 'Mamba Mentality.' That simple suggestion, given with care, changed me. His perspective, seeing me as someone capable of growth, helped me grow.

But perspective doesn't just shape support it also shapes Hatred

As I improved at work, I connected with many people. However, not everyone was happy with my growth. One senior employee, Shan, started to dislike me. For a childish reason, because I would finish tasks even before he assigned them. Whenever he was teaching someone how to do something, I had already completed it without him knowing.
I was also connected with everyone there, including the MD and all my teammates. His jealousy turned into hatred and he found ways to make things harder for me. Eventually, he got his chance. I had sent a company login ID to my personal email so I could work from home. It was a mistake. I should have asked for permission. But what happened next was something I never expected.

In a team meeting, the MD, who once motivated me, treated me like a criminal. He did not just scold me, he humiliated me. He asked, **"How much did you sell the login ID for?"** That one question shattered me.
I had seen him as a mentor, almost like family. But in that moment,
I realized he saw me as nothing more than a threat. **At that moment, I noticed Shan's face. He was so happy**. And I remembered when my teammates had stopped talking to him because of his actions. I had told them, "Guys, he looks sad. I feel bad for him." Even after everything he did, I could not bring myself to hate him..

That is when I understood something important. Perspective changes everything. I could have seen this experience as pure betrayal and let it consume me with anger. But instead, I chose to see it differently. I told myself, "If someone with more experience, a higher position, and a better salary feels threatened by me, that means I have something special."
Instead of breaking me, this realization made me stronger.
I did not let their actions define me. I decided that one day, I would become a businessman and prove my worth, not to them, but to myself.

Our experiences shape us, but how we understand them matters even more –
Perception, Power, and the Fire Within)

Our experiences are not just shaped by what happens to us, but by how we interpret them.When Amarnath believed in me, I pushed myself harder because I saw myself as capable One moment in particular stayed with me. When I broke down in the office, people reacted in different ways. Some saw weakness. Others ignored it. But Amarnath? He saw an opportunity to guide me. Instead of pitying me, he suggested I read about 'Mamba Mentality.' That one suggestion gave me the strength to stand up again. He knew that perspective changes everything, and he helped me shift mine

.Shan didn't hate me just because of who I was, he resented me because my success made him feel insecure. His anger wasn't really about me; it was about how he felt when he compared himself to me. He saw me as a threat.

So when he got the chance to turn the situation against me, he took it.

Still, the reality of power dynamics remained. When the MD humiliated me in front of everyone, he wasn't thinking about my potential how I feel , he was thinking about his business. That's human nature. People prioritize what benefits them. But even then, I don't blame him. He didn't throw me out. He gave me something far more valuable. **He gave me fire.** A fire to prove myself. A fire to succeed.

This experience taught me something crucial: **perspective isn't just about how you see yourself it's about how others see you too.** And sometimes, what others see has nothing to do with who you really are but everything to do with their own fears, insecurities, and priorities.
The key is deciding which perspectives you allow to shape you.

" Your perspective can destroy you or make you unstoppable. The choice is always yours. "

Chapter 3: Choosing Your View –

How to Create a Perspective That Works for You

The way we see things can change our life. No one sees the world in the same way because we all have different experiences, feelings, and beliefs. Sometimes, we don't even realize that our own perspective is limiting us. But the good news is, we can choose how we see things.

Understanding Helps

People are shaped by their past. Many of the things they do today are influenced by what happened to them before. Imagine a person whose birthday was never celebrated as a child. When they grow up, they might feel sad on other people's birthdays. Some may show their sadness by avoiding celebrations, while others may hide their feelings and act like everything is fine. The way they react is shaped by their past.

I used to hate birthdays, not just mine but birthdays in general. When my birthday came, no one celebrated it the way I wished they would. My friends didn't cut the cake with me, and my family didn't make it special. It made me feel ignored and unimportant. Every time I saw someone else celebrating their birthday, I felt a mix of sadness and anger.

For a long time, I carried that feeling. I avoided birthdays, I didn't feel happy for others, and I let my past experiences shape my emotions. But then I changed my point of view.

Instead of focusing on what I didn't get, I decided to see my friends' birthdays as if they were my own. I started celebrating with them, feeling their happiness as my happiness. And something unexpected happened. I started enjoying birthdays again. The moment I shifted my perspective, my emotions changed with it.

This is the power of choosing your view. The world doesn't always change, but how we see it can and that changes everything.

This is why understanding people can help. You don't have to justify their actions, but knowing where they come from can reduce your stress. When you understand why someone acts a certain way, you can handle situations better. Instead of reacting with anger, you might respond with patience. Instead of taking things personally, you might see a deeper reason behind their actions.

No One Has to Be Like You

Just because you don't like something or don't understand it, doesn't mean it's wrong. People have different views and preferences. For example, vegetarians and non-vegetarians often think the other group is strange. But each person has their own reasons for their choice.

In life, you will meet people who think differently from you. If you expect everyone to be like you, you will always feel frustrated. But when you accept differences, life becomes easier. You don't have to agree with everyone, but you can respect their right to see things in their own way.

The Power of Choosing Your Perspective

At the end of the day, your perspective shapes your reality. The same event can look positive or negative depending on how you choose to see it.
Let's say you lose your job. You can see it as a failure and feel hopeless, or you can see it as an opportunity to find something better. The situation is the same, but your perspective changes how you feel about it.

Some people become bitter because they always focus on the negatives. Others grow stronger because they train their mind to find the lesson in every struggle. You can't always control what happens to you, but you can control how you see it. And that choice can change everything.

Your perspective is in your hands. Will you let it hold you back, or will you use it to move forward?

Chapter 4
The Power of Reframing –
Turning Problems into Opportunities

Life is full of challenges, but how we look at them makes all the difference. A problem is only a problem if we believe it is. If we change how we see it, we can turn it into a chance to grow. This is called reframing. It doesn't mean ignoring problems. It means choosing to see them in a way that helps us move forward instead of holding us back.

Turning Failure into Learning

Many people are afraid of failing. They think it means they are not good enough. But what if failure is not the end, but the start of something better? Instead of saying, "I failed," we can say, "I learned." Every mistake teaches us something new.

I remember when I got rejected for a job I really wanted. At first, I felt like a failure. But later, I looked at it differently and realized that this rejection pushed me to learn new skills and look for better opportunities. In the end, I found something much better than the job I first wanted. That failure wasn't a dead end it was a new direction.

Turning Pain into Strength

Everyone feels pain at some point. It can break us, or it can make us stronger. The difference is in how we see it.

When I went through heartbreak, I felt lost. I could have thought, "Love only brings pain." Instead, I chose to see it as something that helped me grow. That pain taught me to understand my emotions better and realize my own worth. Without that experience, I wouldn't have learned the things that helped me write this book. Pain can be our greatest teacher if we let it.

Turning Problems into Opportunities

Some of the best ideas in the world came from problems. When people couldn't communicate easily, they invented telephones. When people struggled with slow travel, they created airplanes. Every problem can lead to a solution if we look at it differently.

There was a time when I felt stuck in life, unsure of what to do next. Instead of seeing it as a bad situation, I asked myself, "What can I learn from this?" That simple question led me to explore new skills, start writing, and eventually publish this book. What seemed like a dead-end was actually a new beginning I just had to change how i saw it .

Changing the Way We See People's Opinions

People will always have opinions about us. Some will support us, while others will try to bring us down. If we take every negative comment seriously, we will feel hurt and unmotivated. But if we change how we see them, we can use them to our advantage.

For example, when someone doubted me, I could have let it bring me down. Instead, I used their doubt as motivation to improve myself. Rather than seeing criticism as something bad, I saw it as a challenge to get better.

Final Thoughts – The Choice is Yours

" Life will always have struggles, pain, and difficulties. But how we choose to see them changes everything. We can see problems as burdens or as lessons. We can see failures as defeats or as stepping stones to success. We can see pain as suffering or as a way to grow stronger.

The power to change your view is in your hands. The way you choose to see your life will shape your future. So whenever you face a difficult situation, ask yourself: "How can I see this in a better way?" The answer might just change your life. "

THE BEGINNING

FOR YOUR NEW LIFE

The Point of You

A Note from the Author

Life isn't about what happens to us, but how we see it. For years, I struggled with pain, heartbreak, and loss, feeling trapped in emotions I couldn't escape. I didn't have access to therapy, so I turned to books, searching for answers. That journey led me to a realization our perspective defines our reality. This book isn't just about psychology; it's about lived experiences, including my own. I've spoken to people who changed their lives by shifting their viewpoints, and I hope this book helps you do the same.

Chapter 1: The Lens You Wear

Reflection Questions:

1. Can you recall a moment when your perspective shaped your emotions?
2. Do you tend to see situations more positively or negatively? Why?
3. What is one belief about yourself that may be holding you back?

Chapter 2: The Power of Reframing

Reflection Questions:

1. Think of a recent challenge how could you reframe it positively?
2. Who in your life naturally reframes situations? What can you learn from them?
3. If you could give advice to your past self, what new perspective would you offer?

Chapter 3: Shifting Angles

Reflection Questions:

1. Is there something in your life that you dislike? Can you see it differently?
2. Have you ever judged a situation too quickly, only to realize later that you misunderstood it?
3. What's one small shift in perspective you can apply today

Chapter 4: Choosing Your View

Reflection Questions:

1. What kind of mindset do you want to develop moving forward?
2. How do you want to see challenges from now on?
3. What is one habit you can start today that will help you maintain a positive perspective?

The Beginning

This is not the end. This is just the beginning of your journey. You now have the tools to change how you see the world. The power of perspective is in your hands. Keep shifting, keep growing, and create a reality that works for you.

THE UNTOLD POINT OF VIEW

CHANGE YOUR VIEW, CHANGE YOUR LIFE

A powerful guide to shifting perspectives and unlocking personal growth. Have you ever felt trapped in your own thoughts? Stuck in cycles of pain, disappointment, or frustration? What if the key to happiness isn't changing the world around you—but changing the way you see it?

In The Untold Point of View, James Jaya Bastin shares deeply personal experiences and real conversations that changed his life. From heartbreak and loss to self-discovery, this book reveals how shifting your perspective can open new doors, heal old wounds, and bring meaning to even the hardest moments.

These insights are not just theory—they are lived, tested, and proven. They have helped people, including the author, reshape their world. Now, they are here to help you.

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